

DINNERLY



Balanced Chicken and Freekeh Salad with Rocket, Orange and Pistachios



25 minutes



2 Servings

With golden spiced chicken, wholegrain freekeh and toasted pistachios tossed in a sweet orange vinaigrette, this Middle Eastern salad is oh-so-scrumptious – and good for you too!

WHAT WE SEND

- 125g freekeh ¹
- 5g cumin and coriander spice blend
- free-range chicken thigh fillets
- 1 orange
- 20g pistachios ¹⁵
- 50g rocket leaves

WHAT YOU NEED

- 2 tbs olive oil
- 1½ tbs white wine vinegar ¹⁷
- 1 tsp wholegrain mustard ¹⁷
- 2 tsp honey

TOOLS

- medium saucepan with lid
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Tree Nuts (15), Sulphites (17).
May contain traces of other allergens.

NUTRITION PER SERVING

Energy 690kcal, Fat 33.0g, Carbs 61.6g, Proteins 39.5g



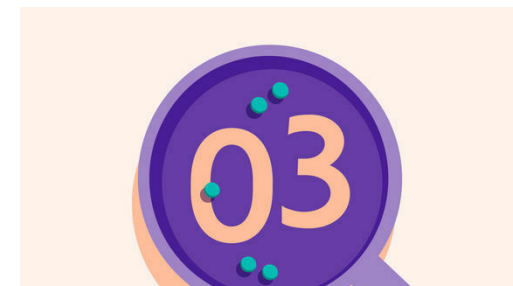
1. Cook freekeh

Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **freekeh** and cook, partially covered, for 18-20 mins until tender. Drain and rinse under cold water to cool.



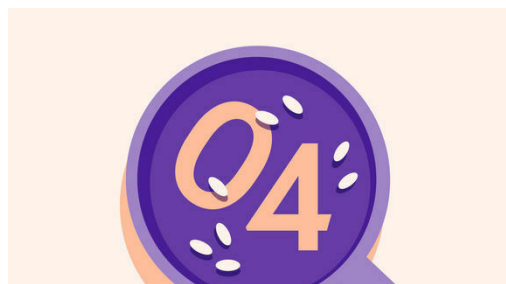
2. Prep ingredients

Meanwhile, put the **cumin and coriander spice blend** and **2 tsp olive oil** in a large bowl, season with **salt and pepper** and stir to combine. Add the **chicken** and turn to coat. Peel and segment the **orange** over a bowl (see Kitchen 101).



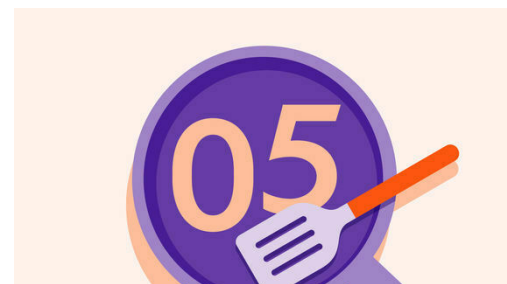
3. Toast pistachios

Put the **pistachios** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan.



4. Pan-fry chicken

Return the pan to medium-high heat. Add the **chicken** and cook for 5-6 mins each side until cooked through. Remove the pan from the heat. Meanwhile, put **1 tbs orange juice**, **1½ tbs olive oil**, **1½ tbs white wine vinegar**, **1 tsp wholegrain mustard** and **2 tsp honey** in a large bowl. Season with **salt and pepper** and whisk to combine.



5. Serve up

Add the **freekeh**, **rocket** and **orange** to the dressing and toss to combine. Coarsely chop the **pistachios**. Thinly slice the **chicken**. Divide the **salad** among bowls, top with the **sliced chicken** and scatter over the pistachios. Enjoy!



6. Kitchen 101

Segmenting fruit means removing the bitter white pith and chewy membranes. Slice off the top and bottom of the orange using a sharp knife. Following the curve of the orange, cut the skin away from the flesh. Remove any remaining pith. Holding the orange over a bowl to catch the juices, cut between the membranes to segment. Squeeze the membranes to extract any juice.